



Gruyere and Spinach Bakes

READY IN

ready

70 min.

SERVINGS

servings

4

CALORIES

calories

458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 inch thick bread country-style cut into 1/2-inch cubes 4 cups
- ☐ 6 large eggs beaten at room temperature
- ☐ 6 ounces gruyere cheese grated
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup milk at room temperature
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 ounces pancetta diced thinly sliced
- ☐ 2 shallots chopped

☐ 2 cups pkt spinach packed chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Position an oven rack in the center of the oven and preheat to 400 degrees F. Spray four 10-ounce ramekins with vegetable oil cooking spray.
- ☐ Heat the oil over medium-high heat in a medium skillet.
- ☐ Add the pancetta and cook until browned, about 6 minutes.
- ☐ Remove the pancetta using a slotted spoon and drain on paper towels.
- ☐ Add the shallots, salt and pepper in the same skillet. Cook over medium-high heat until soft, about 3 minutes.
- ☐ In a medium bowl, mix together the cooked pancetta, shallots, bread, eggs, spinach, gruyere and milk until all the ingredients are moistened.
- ☐ Spoon the mixture into the ramekins.
- ☐ Place the ramekins on a small baking sheet and bake until golden brown, about 25 minutes.
- ☐ Cool the ramekins for 20 minutes. Using a paring knife, loosen the edges of the ramekins and unmold onto serving plates.
- ☐ Serve warm or at room temperature.

Nutrition Facts



 PROTEIN **23.81%**  FAT **71.59%**  CARBS **4.6%**

Properties

Glycemic Index:47.67, Glycemic Load:1.27, Inflammation Score:-8, Nutrition Score:21.903043425601%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 458.3kcal (22.91%), Fat: 36.25g (55.78%), Saturated Fat: 14.94g (93.41%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.3g (2.56%), Cholesterol: 346.32mg (115.44%), Sodium: 1205.92mg (52.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.25%), Vitamin K: 76.36µg (72.72%), Calcium: 514.08mg (51.41%), Selenium: 35.94µg (51.35%), Phosphorus: 479.09mg (47.91%), Vitamin A: 2251.09IU (45.02%), Vitamin B2: 0.54mg (31.79%), Vitamin B12: 1.57µg (26.2%), Zinc: 3.17mg (21.15%), Folate: 74.22µg (18.56%), Vitamin B5: 1.66mg (16.64%), Vitamin B6: 0.32mg (16.06%), Vitamin D: 2.04µg (13.58%), Vitamin E: 1.85mg (12.36%), Manganese: 0.24mg (11.97%), Iron: 2.15mg (11.95%), Magnesium: 44.9mg (11.22%), Vitamin B1: 0.17mg (11.21%), Potassium: 346.46mg (9.9%), Vitamin B3: 1.48mg (7.41%), Vitamin C: 5.22mg (6.33%), Copper: 0.11mg (5.73%), Fiber: 0.83g (3.3%)